



MHA Message

There is *NO* health without Mental Health!

From The Executive Director



Ahhh, fall. The crisp mornings and changing foliage set against a backdrop of blue skies are signs that we're back to school, fall sports and harvest time with holidays right around the corner. There's much to look forward to and yet we realize that there are too many people who are no longer here to enjoy it.

Many people of all ages and backgrounds have given up, choosing a permanent solution to a temporary problem. Suicide takes too many lives and I want to change that in our community by educating as many people as possible to understand signs and symptoms of mental health issues and suicide risk.

Through the work that we do at MHA, meeting families who have lost loved ones to suicide to provide support and resources through the Licking County Local Outreach to Survivors of Suicide (LOSS) Team, I often hear people say things like, "I never dreamed he'd do this" or "A heads up would have been nice." Survivors are often blindsided by someone they thought they understood doing this unexpected thing that can never be undone. Often there are signs when someone is contemplating suicide including:

- Talking or writing about death, dying or suicide.
- Threatening to hurt or kill themselves.
- Looking for ways to kill themselves or seeking access to means.
- Feeling there is no reason for living or having no sense of purpose in life.
- Feeling trapped, like there is no way out of a bad situation.
- Giving away favorite belongings.

Please share these signs of suicide that may indicate that someone is thinking of ending their life. Even if someone says they're not considering suicide, leading with, "I care about you and don't want to lose you. You are important and if you need support, I'm here to help you find it" could open a conversation that will make someone feel valued and hopeful. Hope is a powerful thing that can change the trajectory of someone's life.

Retired Ohio State University football player Harry Miller recently wrote on the first anniversary of the day he told Coach Ryan Day that he wanted to die by suicide, "On a day I did not think I would see, I am still here. It was a year of hurt but gratitude, suffering yet appreciation. Love is the lesson. Pain is the teacher. ... most of the times, hope is as small as holding on for five minutes when you think you only have strength for four, and you really only have strength for three. And a year is just five minutes several times over."

We have a resource card with "H.O.P.E." spelling out "Hold On, Pain Ends." Be there for someone who is in pain who needs the strength to hold on for five minutes several times over.

National Suicide Prevention Lifeline offers free services 24/7.

Call **9-8-8, 800-273-TALK (8255)** or visit suicidepreventionlifeline.org

Locally call **2-1-1** or **text your zip code to 898211**, Licking County's 24/7 resource line.

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To your mental health,

Penny C. Sitler
Executive Director

In This Issue

Lou Mitchell Memorial Golf Outing Highlights	Page 2
Program Highlights	Pages 3 & 4
Protect Yourself From The "Winter Blues"	Page 5
On The Horizon	Page 6
Thank You!	Page 7
Two More Ways To Give	Page 8

**FREE
MENTAL
HEALTH
SCREENING
AT
WWW.MHALC.ORG**

2022 Lou Mitchell Memorial Golf Outing

The 9th annual Lou Mitchell Memorial Golf Outing was held on July 25th at Denison Golf Club. Thanks to the 86 golfers who took to the greens on a beautiful Monday afternoon! Following a fun day of golf, the group gathered for dinner at the shelter and a presentation by Executive Director Penny Sitler. The funds raised from this event help provide education and training to thousands of Licking County students and community members, raising suicide prevention awareness.



Thank you to Denison Golf Club and MHA Board volunteers for making this day happen!

Special thanks to our generous sponsors and donors!

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Save The Date

Next Lou Mitchell Memorial Golf Outing
July 24, 2023

PROGRAM HIGHLIGHTS



The Bridges Out of Poverty (BOP) program strives to reduce poverty in the Licking County community. Getting Ahead (GA) classes offered through BOP promote financial literacy and develop opportunities for job training and career readiness.

Program Coordinator Donna Wayt offers classes at Adult Probation's Day Reporting, The Main Place, and Behavioral Healthcare Partners' Courage and Spencer Houses. The classes focus on goal setting and emotional regulation. Awareness of poverty mindsets are also recognized as recovery tools to those struggling with poverty, substance abuse disorders, mental illness, disabilities, and for many others who seek solutions to stigma. @mhalcBridgesOutOfPoverty

The Compeer program's mission is to reduce isolation and stigma for individuals who live with severe and persistent mental illness and to improve their quality of life.



Program Coordinator Donna Wayt is thrilled to see the program growing, as they have gained new friends and reconnected with old ones. As friends and peers, members continue to motivate one another to complete acts of self-care and provide an environment that protects people from stigma in social situations due to their group mentality. Compeers diminish prejudgments as they educate each other about the realities of mental health diagnoses.

In many group settings, both live and virtual, members are able to meet like-minded people with similar life experiences. They meet virtually every morning on Facebook Messenger to sip coffee and chat about their intentions for the day and express their gratitude. Their audio book club has moved onto The Chronicles of Narnia and meet every other Monday for a group chat. Scott Muto continues to be their motivational speaker by making daily videos encouraging people to go outside and join live events. Other activities include potlucks and road trips to places such as a pumpkin patch to trek through the corn maze and sip cider. The holiday planning committee has met for the second time this year to plan for a spooky night of costumes and diabetic friendly junk food at member Jan's apartment building.

Compeer's public Facebook group: Compeer Circle of Friends x2

Youth Self-Advocacy



Self-advocacy is speaking up for yourself, asking for what you need, negotiating for yourself, knowing your rights and responsibilities, and using resources that are available to you.

The Youth Self-Advocacy program is designed to help youth with developmental disabilities cultivate self-advocacy skills as they transition from high school into adulthood.

Program Coordinator Christina Peña-Whittington has expanded the program by getting back into Heath High School and offering two additional classes at ITEC (a secondary program of C-TEC).

@MHALCYouthSelfAdvocacy



YES Club is back in their recently renovated building at 100 East Church Street! They reopened to the youth on September 21st and had a great turn out. The staff at both YES Club and MHALC are so grateful for how the community has rallied behind us after the fire and would like to extend a thank you to all those who have helped, donated or reached out!

Everyone is welcome to attend the YES Club 30th Anniversary and Grand Reopening Celebration on November 4th from 4-6 pm. Light refreshments will be served and the ribbon cutting will take place at 4:30 pm. See you there!

If you are interested in enrolling your child (6th grade through 12th grade) into YES Club, give us a call at 740-522-0YES (0937) or visit us at the newly renovated building. Member packets are also downloadable at <http://mhalc.org/programs/yes-clubhouse-youth-engaged-in-service/>.

@YESClub

Family Peer Mentoring Services

Our Family Peer Mentors offer hope, guidance, advocacy and support for parents and caregivers of children involved in multiple child serving systems including for mental illness, substance use disorders, juvenile justice and child welfare. Nationally certified by FREDLA (Family Run Executive Director Leadership Association), Family Peer Mentors have lived experience navigating those systems.

Family Peer Mentor Katie Burkhard shares her lived experience with families as a parent who has navigated a variety of child serving agencies in and around Licking County for over 20 years. Katie delivers Family Peer Mentoring services that are tailored to the specific strengths and needs of each family. This confidential, focused partnering with caregivers and their families is delivered with respect, determination and hope. Contact Katie at kburkhard@mhalc.org or 740-267-5932 for more information.

PROGRAM HIGHLIGHTS



The Grit Integrity Presence (Grit) program was full of firsts this summer! A weekly summer hiking group helped keep connections with the Newark High School students and some of their friends from other districts.

In collaboration with Newark City Schools (NCS), the first Grit Camp took place in July. Attended by middle and high school students, it combined components of Grit

such as creating personalized journals and social emotional learning with hands on activities such as making rock jars and calming lava bottles. An incredible team consisting of NCS and MHA staff, interns and volunteers made it a very enriching experience.



Grit Summer Camp Participants

And finally, a huge delivery of Grit Care Blankets and personal notes of encouragement from Grit students in six schools were delivered to the Kid's Place at the end of the school year to serve youth in crisis. Another large delivery is planned for late November. It's good to know that Grit participants are part of such a significant program.

Grit classes have started in Heritage Middle School, Licking Heights Middle School, Licking Valley Middle School, Wilson Middle School and Newark High School. Watkins Middle School is scheduled to start in late October pending the move to the newly renovated building which will allow a dedicated space to facilitate the program. Space is always the most difficult aspect of making Grit classes happen within the schools. Let's hope for a safe, secure, and uninterrupted 2022-23 academic year!



The Suicide Prevention program is reaching out to educate youth and adults on the signs and symptoms of suicide in Licking County to help save lives. Whether it's teaching Signs of Suicide (SOS) in area middle and high schools or offering Gatekeeper Suicide Prevention training to adults, this critical program is working hard to improve the mental health of the community.

New Suicide Prevention Program Coordinator Pam Dales joined MHA in time for July's Lou Mitchell Memorial Golf Outing at Denison Golf Club and September's annual Suicide Prevention Walk and Candlelight Vigil which took place during Suicide Prevention Awareness Month at the downtown Newark Canal Market District Pavilion. The Walk and Vigil celebrates the lives of those individuals lost to suicide by including a special biodegradable balloon release as well as allowing survivors to share their experiences. Pam has jumped right into facilitating the SOS program at schools this fall.



Consider attending a group with peers where you can talk about challenges and find encouragement for your journey. The Depression and Bipolar support group meetings are held every Tuesday at the MHA office from 3:30 pm – 4:30 pm. The Survivors After Suicide Loss (SASL) support group meets on the second Tuesday of each month from 5:30 pm – 6:30 pm. Call 740-522-1341 by 3:00 pm the day of the SASL support group to register. @mhalcSuicidePrevention

Parent Support



Positive Parenting Program



Is this for you?

Do you enjoy parenting, but wish you knew how to deal with specific problem behavior?

Triple P can help you

- . Encourage behavior you like
- . Deal with problem behavior
- . Become confident as a parent
- . Be realistic about parenting
- . Take care of yourself

For additional information on free classes being offered at various times and locations contact:

Mental Health America of Licking County
740-522-1341 mhalc.org

MHA's Parent Support program continues to have exponential growth. Our coordinators are certified and accredited to provide multiple levels of Triple P classes. The most recent accreditation includes "Positive Parenting with Teenagers." Individual and group sessions are offered to parents, grandparents, and caregivers to share evidence-based parenting strategies and solutions virtually and/or in-person. For more information, call 740-522-1341. @MHALCParentSupport

Protect Yourself From the “Winter Blues”

With the winter months quickly approaching, there will be more talk of the winter blues, seasonal mood changes or seasonal affective disorder (SAD). All of these are common phrases to describe the lack of energy, sad feelings and changes in behavior that people feel during the cold, gray central Ohio winters. In this area of the country, we average 180 gray days a year — that’s half of the year! 20% of people in the United States report having seasonal affective disorder or changes in mood when the weather gets colder. Four out of five (80%) of those who struggle with these changes are women.

The winter blues are caused because of a lack of serotonin and when our circadian rhythm (internal clock) is off. This is due to the lack of sunlight and the changing hours. Think about earlier times in this country’s history, when 75% of the population worked outside during the daylight hours and slept when it was dark. In modern times, we work the same hours throughout the summer and the winter and live busier lives. It is no longer a societal norm to regulate our bodies by the sun, but rather by the time on our clock.

So what can be done to prevent the winter blues? You may not be surprised that a lot of the ideas below are behaviors we should use during every season.

- Exercise
- Eating nutritious foods that are high in vitamins and minerals
- Surround yourself with friends and family—connection to other people is something humans crave
- Spend time outside (bundle up, take a walk, soak up the natural vitamin D)
- Listen to music and sing and/or dance along
- Learn a new hobby
- Practice mindfulness

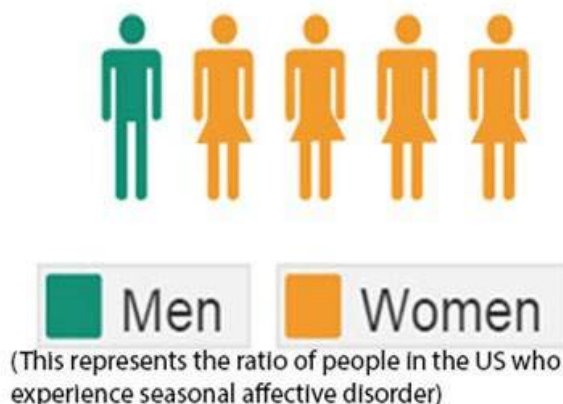
These are just a few of the activities everyone can do to protect themselves from the winter blues. If these are not proving effective for you or someone you know, here are a few additional things to try:

- Light therapy (MHALC has a light like this in our office; stop by and try it out)
- Talk with a primary care physician for assistance
- Reach out to a therapist

The saying “a long, hard winter” exists for a reason but hopefully this winter we will experience less winter blues and continue to look forward to the warm summer months.



Ratio of Men to Women in US with SAD





YES CLUBHOUSE
30th Anniversary & Grand Reopening
November 4th 4pm-6pm

Light Refreshments &
Fun for the whole family!
Ribbon cutting at 4:30 pm

MHA Mental Health America
100 E Church St, Newark, OH 43055

Free Support Groups At MHALC

Depression & Bipolar
Tuesdays
3:30 pm to 4:30 pm

Obsessive Compulsive Disorder
1st & 3rd Wednesday
6:30 pm to 7:30 pm

Survivors after Suicide Loss
For those who have lost a loved one.
Call 740-522-1341 by 3:00 pm the day of the support group to register.

2nd Tuesday
5:30 pm to 6:30 pm

Support groups are held at
65 Messimer Drive, Unit 3.

69TH ANNUAL DINNER AND CELEBRATION

MHALC is hosting our Annual Dinner and Celebration on Monday, November 7th at 6:00 pm at The DoubleTree by Hilton in downtown Newark. The evening will begin with dinner followed by awards presentations.

Save The Date

MHA's Night of Hope fundraiser

March 11, 2023

Featuring The Reissues

at Thirty One West

Stay tuned for more details!



THANK YOU!

TO ALL OF OUR DONORS

Mental Health America of Licking County would like to recognize the following individuals and organizations for their support received from January 1, 2022 through June 30, 2022.

We make every effort to accurately acknowledge our donors.

Please call 740-522-1341 to report an error or omission, and please accept our apologies.

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* Signifies MHALC member

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*In Memory of Cliff Wild
Ms. Janice Lipphardt*

"No duty is more urgent
than that of returning
thanks."

—James Allen

Thank you!

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TWO MORE WAYS TO HELP MHALC



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- Go to the Main Menu.
- Click on Savings.
- Click on Kroger Community Rewards.
- Click on the COLUMBUS Enroll Now button.
- Put in your information and Kroger card #.

Be sure to link your card to MENTAL HEALTH AMERICA OF LICKING COUNTY, Group # AX606.

Don't forget to buy gift cards at Kroger when you are going out to eat or shopping at stores such as Lowe's, Kohl's or Best Buy or when you start your holiday shopping. **BE SURE TO SCAN YOUR KROGER CARD WITH EVERY PURCHASE!**



If you shop on Amazon, you can support MHALC!

Through the AmazonSmile program, 0.5% of your purchase will be donated to the charity of your choice.

Sign-up is simple:

- Go to smile.amazon.com and sign into your existing Amazon account.
- Search and select Mental Health America of Licking County to make it your charity of choice.
- The purchasing process and products are exactly the same on AmazonSmile as they are on Amazon.

Donating has never been as quick and easy! Please share with your friends and family and help MHALC continue to provide our much needed services.

Thank you for your continued help and support!